

HEALTHY NUTRITION



More **VITAMIN A** than a mango



More **VITAMIN C** than a banana



More **PROTEIN** than a chicken thigh



More **FIBER** than 1/2 cup broccoli



More **CALCIUM** than 6 ounces yogurt



More **IRON** than 1/2 cup beans

Formula 1 Nutritional Shake Mix
+ nonfat milk = 180 calories
No cholesterol
Almost no fat (1/2 teaspoon)

Add fruit for even more vitamins, minerals and fiber with no additional fat or cholesterol.